

The EDGE Performance Training, LLC

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www.speedtrainingct.com

Goal Sheet

Name: _____

Date: _____

Short Term Goals: (2-6 weeks)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Long Term Goals: (2 – 6 Months)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

General Comments or statements about your goals and objectives while working with The EDGE:

Clients Commitment to Success:

I hereby promise to commit myself fully to the program outlined by The EDGE staff.

Print Name

Date: _____

Signature